

PERSONAL LIGHTNING SAFETY TIPS

1. PLAN in advance your evacuation and safety measures.

When you first see lightning or hear thunder, activate your emergency plan. Now is the time to go to a designated building, area, or a vehicle. Lightning often precedes rain, so don't wait for the rain to begin before suspending activities.

2. IF OUTDOORS... Avoid water. Avoid the high ground. Avoid open spaces. Avoid all metal objects including electric wires, fences, machinery, motors, power tools, etc. Unsafe places include underneath canopies, small picnic or rain shelters, or near trees. Where possible, find shelter in a substantial building or in a fully enclosed metal vehicle such as a car, truck or a van with the windows completely shut. If lightning is striking nearby when you are outside, you should:

A. **Crouch down.** Put feet together. Place hands over ears to minimize hearing damage from thunder.

B. **Avoid proximity** (minimum of 15 ft.) to other people.

3. IF INDOORS... Avoid water. Stay away from doors and windows. Do not use the telephone. Take off head sets. Turn off, unplug, and stay away from appliances, computers, power tools, & TV sets. Lightning may strike exterior electric and phone lines, inducing shocks to inside equipment.

4. SUSPEND ACTIVITIES for 30 minutes after the last observed lightning or thunder.

5. INJURED PERSONS do not carry an electrical charge and can be handled safely. Apply First Aid procedures to a lightning victim if you are qualified to do so. Call 911 or send for help immediately.

Training Area Lightning Safety Tips

- 1. PLAN** in advance your evacuation and safety measures. When you first see lightning or hear thunder, or receive notification activate your emergency plan. Now is the time to go to a designated building, area, or a vehicle. Lightning often precedes rain, so don't wait for the rain to begin before suspending activities. Seek shelter in the following order.
 - A building with lightning protection.
 - A building that is grounded.
 - A building even with no lightning protection or grounded.
 - Disperse in open area.
- 2. WHERE POSSIBLE**, find shelter in a substantial building or in a fully enclosed metal vehicle such as a car, truck or a van with the windows completely shut. If no building is available: avoid water, high ground, open spaces, all metal objects including electric wires, fences, machinery, motors, power tools, etc. If lightning is nearby when you are outside:
 - Disperse 15 ft away from each other.
 - Place weapons at least 50 ft away from personnel.
 - Crouch down. Put feet together. Place hands over ears to minimize hearing damage from thunder. Do not lie on ground.
- 3. SUSPEND ACTIVITIES** for 30 minutes after the last observed lightning or thunder.
- 4. INJURED PERSONS** do not carry an electrical charge and can be handled safely. Apply First Aid procedures to a lightning victim if you are qualified to do so. Call 911 or send for help immediately.

SAFETY ALERT 02-0

"If you can hear it, clear it. If you can see it, flee it."

AVOID: Avoid water. Avoid all metallic objects. Avoid the high ground. Avoid solitary tall trees. Avoid close contact with others - spread out 15-20 ft. apart. Avoid contact with dissimilar objects (water & land; boat & land; rock & ground; tree & ground). Avoid open spaces.

SEEK: Seek clumps of shrubs or trees of uniform height. Seek ditches, trenches or the low ground. Seek a low, crouching position with feet together with hands on ears to minimize acoustic shock from thunder.

KEEP: Keep a high level of safety awareness for thirty minutes after the last observed lightning or thunder.